

# Be Healthy Delaware Day

Join fellow Delawareans and try a new healthy habit!



**Thursday, May 21, 2009**

**It's simple** – choose a single healthy behavior from our list, (ex: eating more fruits/vegetables) and “try it” that day.

**To register go to:** [www.behealthydelaware.org](http://www.behealthydelaware.org)  
or call 302-831-1998

Everyone will be entered to win randomly selected prizes, including a 1-year membership to the YMCA of Delaware, a Wii fit system, iPod Shuffle and more!

**Registration deadline is May 20, 2009**

**DELAWARE  
CENTER *for*  
HEALTH  
PROMOTION**

  
**BlueCross BlueShield  
of Delaware**